



# 3SquaresVT



## \$16 Helps Stretch Your Food Budget

### What is a \$16 benefit worth?

It may be more than you think.



### \$16 could buy:

half-gallon of milk  
loaf of whole grain bread  
stick of margarine  
can of tuna  
1 lb. of carrots  
bunch of celery  
2 bananas  
5 apples  
1 lb. frozen green beans  
1 lb. chicken breast

### How can I increase my benefit?

- If you are age 60 or older or if you have a disability, your benefit may go up if you claim all your out-of-pocket medical costs, such as insurance premiums.
- If you qualify for fuel assistance (even if heat is included in your rent), you may be able to get a higher food benefit.

**See back for information about other resources**



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# Resources for Vermonters

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**Enrollment in 3SquaresVT qualifies you for phone assistance and free school meals for your children.**

## **School Meals**

You may apply any time during the school year. A benefit of taking part in 3SquaresVT is that you don't have to fill out the school meal application form. For more information, ask the food service director at your child's school or go to [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com), More Food Help.

## **Lifeline and Link Up Phone Assistance**

Once you enroll in 3SquaresVT, you do not need to complete an application form for phone assistance. Simply call the Economic Services Division at 1-800-479-6151 to enroll.

**Other resources also help Vermonters make ends meet.**

## **Food Shelves or Community Meals**

To find a food shelf or meal site in your area, dial 211.

## **Fuel Assistance**

To find out if you qualify for fuel assistance, call 1-800-479-6151.

## **WIC**

The Health Department provides WIC nutrition and health services, including a set of nutritious foods, to women who are pregnant or had a baby within the past six months, breastfeeding women, infants, and children up to age five. For more information, call 1-800-464-4343, extension 7333.

## **Get Other Types of Help**

Older Vermonters can call the Senior Helpline at 1-800-642-5119. Others can call 211 to find out about more resources.